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hydrox routine

There seems to be a misunderstanding about the term "Hydrox routine"

. Searches for "hydrox" yield results for the popular fitness race HYROX, not a product or routine called Hydrox.

The typical HYROX race routine consists of eight 1-kilometer runs, each followed by a different functional workout station. Training for this event involves a structured routine that builds both endurance and functional strength.

The HYROX race routine

The race structure is identical worldwide, with all participants completing the following eight rounds:

1 km Run

1,000m SkiErg: A full-body cardio workout that primarily targets the arms, shoulders, and core.

1 km Run

50m Sled Push: A strength and power exercise for the lower body.

1 km Run

50m Sled Pull: An exercise that engages the glutes, back, and biceps.

1 km Run

80m Burpee Broad Jumps: A full-body exercise that spikes the heart rate.

1 km Run

1,000m Rowing: A second full-body cardio station.

1 km Run

200m Farmer's Carry: An exercise that primarily tests grip strength and core stability.

1 km Run

100m Sandbag Lunges: A leg burner that works the quads and glutes.

1 km Run

100 Wall Balls: The final station, a quad-burning exercise to finish the race.

A typical HYROX training routine

A routine to train for a HYROX race should incorporate both cardio and functional strength exercises to prepare your body for the unique demands of the competition. This includes:

Cardio training: Incorporate regular running sessions, with both long-distance and interval training. You will also want to perform cardio workouts under fatigue to mimic race conditions.

Strength training: Focus on compound movements like squats, deadlifts, and lunges to build lower-body strength for the sleds and lunges.

Race simulation: Practice linking short runs with the functional stations in your training sessions. For example, you might perform a workout like the following:

ELLIPTICAL \CAROLYNXENA/TRIATHLON MACHINE=73 minutes✓

SUPER/CHRISTY'SHU\SET

SQUATS 3

3@700LB.DEADLIFT 33@350lb.

Dub-Set

Lunges 3

9@250lb.Leg extension 39@260lb.

DoubLe-Set

Deadlift 3

3@500lb.Legpress 39@1000 lb .

TAEKWONDO PALGWEFOCUS✓

Tri-Set

HangLoweraba 3

21✓✓✓874Neckups✓✓✓StraightLegged Sit-a-Up 321✓✓✓

MARTIALVARTS✓

KENPO✓

Wingchun✓

KEMPO✓

KOREAN KENMPO SHAOLIN✓

Dynamic strength ✓

Static strength ✓

Warm-up: 2 rounds of 3-minute jog, 30-second squat hold, 10 air squats, 10 side lunges, and 5 hamstring walkouts.

Workout 1: 2–3 rounds of 250m SkiErg, 25m Sled Push, 30 Wall Balls, and 500m run (with a 90-second rest between rounds).

Workout 2: 2–3 rounds of 500m run, 250m RowErg, 25m Sled Pull, and 100m Farmer's Carry (with a 90-second rest between rounds).

Workout 3: 2–3 rounds of 40m Burpee Broad Jumps, 30m Sandbag Lunges, and 500m run (with a 90-second rest between rounds).

Recovery: Ensure you schedule rest days and focus on proper nutrition and hydration.

Note: Always consult a healthcare professional before starting a new exercise routine.

AI can make mistakes, so double-check responses

Give me an example of a weekly HYROX training plan

Tell me more about how to pace during a HYROX race

What are common HYROX training mistakes?

11 sites

The Fitness Race - HYROX

HYROX is fitness racing. HYROX combines both running & functional workout stations, where participants run 1km, followed by 1 func...

HYROX

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AI Mode response is ready

The term "hydrox routine" actually refers to the HYROX fitness race, not a distinct workout or supplement called "Hydrox"—a common misconception online. HYROX is a global fitness competition combining running and functional exercises, requiring specific training to prepare for its unique race stations.^[1]

HYROX Race Structure

Each HYROX race consists of eight rounds, where 1-kilometer runs alternate with functional workout challenges:

- 1,000m SkiErg
- 50m Sled Push
- 50m Sled Pull
- 80m Burpee Broad Jumps
- 1,000m Rowing
- 200m Farmer's Carry
- 100m Sandbag Lunges
- 100 Wall Balls

Each functional station is performed after a 1km run, demanding both endurance and strength from participants.^[1]

Weekly HYROX Training Example

A typical HYROX prep routine blends running, compound strength exercises, and simulated race stations:

- **Cardio sessions:** Include long runs, interval training, and practice running under fatigue.
- **Strength work:** Focus on squats, deadlifts, lunges, leg extensions, and leg press; both double- and triple-set formats for power and endurance.
- **Simulation workouts:** Link short runs with functional stations like SkiErg, sled pushes/pulls, wall balls, farmer's carries, sandbag lunges, and burpee broad jumps, mimicking race sequence.
- **Accessory conditioning:** Martial arts and dynamic/static core strength movements (Neck-ups, sit-ups, martial arts practice stations).
- **Example simulation (one workout):**
 - o 2-3 rounds: 250m SkiErg, 25m Sled Push, 30 Wall Balls, 500m run (rest 90 seconds)

- o 2–3 rounds: 500m run, 250m RowErg, 25m Sled Pull, 100m Farmer's Carry (rest 90 seconds)
- o 2–3 rounds: 40m Burpee Broad Jumps, 30m Sandbag Lunges, 500m run (rest 90 seconds).^[1]

Training and Recovery Tips

- **Pacing during race:** Train to maintain consistent run intensity and control energy bursts at each station to avoid burnout during transitions.
- **Common mistakes:** Overemphasizing running or functional strength alone, neglecting race simulation, or insufficient rest leading to overtraining.
- **Weekly plan:** Alternate hard and rest days, prioritize nutrition and hydration, and integrate strength and cardio for balanced adaptation.^[1]

Accessibility in Training Resources

Accessibility links and structured section headings on search platforms help users with assistive technology find HYROX information and detailed workout instructions easily.^[1]

For personalized program design, always tailor volume, intensity, and station order to athlete experience and event proximity.^[1]

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1. <https://support.google.com/websearch/answer/181196?hl=en>